Self-Monitoring Blood Glucose
Using Accu-Chek Performa Glucometer

Step 1:
Wash and dry your hands.

Step 2:
Check the expiry date of the test strip indicated on the container. Do not use expired test strips.

Step 3:
Remove one test strip from the container and close the cap tightly.

Step 4:
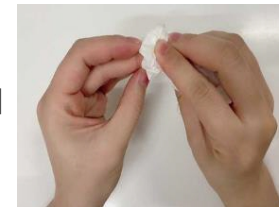Insert the test strip into the meter until it beeps. Wait for a flashing blood drop symbol to appear.

Step 5:
Press the lancing device firmly against the edge of your fingertip. Push the release button.

Step 6:
Relax your finger after pricking. Gently massage until a drop of blood appears.

Step 11:
Press the "on" button to display the home screen, then p〈∨ or ∧〉 to scroll through all your results.

Step 10:
Record your readings in the blood glucose logbook.

Step 9:
Slide the lever over and back once to replace a new lancet for your next blood glucose test.

Step 8:
Press the finger with a tissue to stop the bleeding.

Step 7:
Apply the blood droplet to the yellow area at the end of the test strip. The result will appear after 5 seconds.